



HELPING TO IMPROVE THE LIFESTYLE AND WELL-BEING OF PEOPLE AROUND THE WORLD.

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NEWSLETTER

HERE'S TO
HEALTH AND
HAPPINESS



THE HERBAL FOODS & BEVERAGE SAMPLER

*A Holiday All-Star for
Health & Good Tidings*



INSIDE THIS ISSUE

DR. CHEN TAKES NYC



SUNRIDER®

TWICE AS NICE

DR. CHEN MEETINGS GRAB GOTHAM CITY



As Sunrider's founder and CEO, Dr. Chen constantly travels the world, enlightening others about our amazing products and financial opportunity. Recently Dr. Chen traveled to New York City where he led two Special Meetings—one in English and another in Chinese.



For Assistant Business Leader **Xianghua Wu**, it was very emotional as she was attending

her first major Sunrider event. She said, "The best part was when Dr. Chen compared our products with other brands and showed us how ours differ for the better."

Golden Group Business Leader **Janet Chan** was excited about the Special Meeting in Chinese: "I felt more connected to him because he spoke in Chinese. He spoke from the heart and it made me feel good. The highlight was when he talked about the different steps we need to take to build and grow our businesses."

Assistant Business Leader **Fernando Sanchez** said, "Every time I attend a meeting where Dr. Chen speaks, I gain more knowledge about the products, and learning more about the formulations helps me better convey the value of our products to others."

Then Dr. Chen jetted off to Asia in his quest to help people around the world. No matter where he is, Dr. Chen's poignant sessions always render priceless information and inspiration. And for this trip to the famed Gotham City, two Special Meetings delivered twice the dose of Dr. Chen!



AT THE MOVIES SUNRIDER IBO, MAKE-UP ARTIST FOR "NEW MOON"

Norma Hill-Patton, Sunrider IBO and film make-up artist, was recently featured in *Make-Up Artist* magazine for her work on the hit movie *New Moon*. As make-up department head for *New Moon*, the second film in the mega-successful *Twilight* series, Hill-Patton, along with her team, was responsible for creating the gossamer skin tones of the movie's sullen vampire characters.

While Hill-Patton couldn't name specific products she used on-set, she did tell the magazine that, along with other brands, she appreciates the support of Kandesn®, a Sunrider® line of cosmetics and skin care. Norma added that along with her cosmetic kit must-haves, she "[doesn't] go anywhere without [her] Calli® tea."

We may not be as recognizable as Edward Cullen, but we are definitely on our way.

SAMPLING SUNRIDER Event Offers Chance to Learn More

On October 29, IBOs and guests gathered at Sunrider World Headquarters to better understand our natural, herbal products and exciting financial opportunity.

First timer **Detri McCulley** from Long Beach said, "The Product Fair gave me a chance to sample products I'd never seen outside a brochure. As a new person, the hands-on nature allowed me to try many products...The testimonials given at the Opportunity Meeting were also inspirational, because I heard from other Sunriders how they got their start."

Product Fairs and Opportunity Meetings are powerful instruments in conveying the value of our products and the Sunrider opportunity. There's no time like the present to hold your own in your town! Start sharing, start building, and start growing!

Wish you had more time to prepare a festive holiday look?

Kandesn[®] Color Cosmetic Kits (available in “Glamour” or “Romance”) provide exactly what you need to create dazzling color on all skin tones! We recommend Kandesn[®] Protective Foundations and a matching powder to complement the look.

Here are simple steps to take your daytime look to holiday glamour in no time at all!

1. Use a damp cotton square to remove any under-eye flakes and lip color.
2. Reapply **Kandesn[®] Protective Foundation** with a clean sponge and add concealer to under-eye circles and blemishes. Blend well. Set your foundation with a matching pressed or loose powder.
3. Apply the darker contour color in the **Kandesn[®] Mini Compact**, blending the color into your lash line and into the eye socket using very light strokes. Take the contour color and smudge it under lower lashes to complete the look.
4. Apply the highlighter color just below the eyebrow and add a hint of highlight color to the lower lid area, just above the iris. This will make your eyes POP!
5. Apply **Kandesn[®] Liquid Eyeliner** to complete the look. We recommend **Charcoal 921**, **Brown 925**, or **Grey 927**. Apply liner above the upper lash line and increase the depth of the liner slightly. Blend the eyeliner on the bottom lashes and smudge it. For more evening glamour, apply a little more contour shadow with your angle brush.
6. Finish with several coats of **Kandesn[®] Lash Enhancer Mascara 991 (Dark Charcoal)**. If your lashes are straight, curl upper lashes with an eyelash curler before applying mascara.
7. Smile, find the “apple” of your cheeks, and apply blush in a light, circular motion.
8. Line your lips with **Kandesn[®] Lip Liner Pencil** and then fill them in with matching lip color. Finish with **Kandesn[®] Lip Gloss** for a party perfect pout.

To create a truly professional look, add the Kandesn[®] six-piece make-up brush set to your holiday gift list!

With looks that “WOW,” you’ll be the life of any holiday party!



KANDES^N’S SQUALANE: *a superior ingredient that helps keep complexions looking young, vibrant, and beautiful.*

Sunrider is one of a few companies that uses squalane in its skin care and cosmetic lines. A superior oil, squalane costs \$100 per pound compared to mineral oil (used in many leading skin care brands), which costs only five cents per pound. It’s in many of the Kandesn[®] creams, lotions, and cosmetics and is similar to the natural oils found in the sebum of our skin. Sunrider’s squalane is processed from pure, extra-virgin olive oil.

Squalane nourishes the skin and is the only oil that mixes synergistically with water. It’s very quickly absorbed and allows the skin to function optimally. It may prevent oxidation, loss of precious moisture, and have anti-wrinkle properties.

Squalane is also found in Kandesn[®] Protective Foundations, Kandesn[®] eye shadows and blush colors, as well as our super moist lip colors. It’s one of the reasons why Kandesn[®] ladies of all ages and ethnicities look so radiant, whether they’re 16 or 86. Kandesn[®] offers one of the few age-defying color cosmetic lines that bridge the gap between wellness and beauty.

'tis the Season to Celebrate

Make holiday shopping
a snap with our gift ideas.
To see the rest of your holiday
gift ideas, visit shop.sunrider.com.



Holiday Beverages Gift Set

Eat, drink, and be merry this holiday season with these delicious herbal beverages. Bursting with antioxidants and flavor, these Sunrider® favorites are warm and soothing—perfect for cool winter months!

Calli® Regular 10 pack; Fortune Delight® Peach 10/3 g pack; Sunrider VitaFruit® 11 oz.

#7000800010

\$64.60/51.28 SV



Kandesn® Color Cosmetics "Romance" Kit

Romantic, luxurious make-up colors made with nourishing, herbal ingredients provide enough charm to last the whole year through. Each sensational kit comes with everything needed to dazzle and impress (*romance not required*).

Kandesn® Mini-Compact Set 3; Kandesn® Moisturizing Lip Colors (1103 Raisin Berry); Kandesn® Lip Gloss (193 Passion Berry)

#7000800120

\$74.20/52.35 SV



Men's Strength Gift Set

Promote his general health and well-being with natural, effective products. Dr. Chen's exclusive, herbal formulations help men feel confident, energetic, and revitalized. For the man who wants health and vivacity, this set provides strength en masse.

*Dr Chen® Men's Formula™, 60 Soft-Gel Caps;
Veros®, 50 Capsules/Bottle*

#7000800050

\$89.20/70.91 SV



Essential Vitamins

Citric C™ Tabs contains 125 mg of vitamin C to help inactivate free radicals, strengthen bones and blood vessels, and support the immune system.* Herb Cal® Tab is a superior calcium supplement, with powerful enzymes, herbal extracts, and vitamin D2, to help build strong bones and teeth.*

Citric C™ Tab, 90 Tabs; Herb Cal® Tab, 90 Tabs

#7000800070

35.00/27.88 SV



Beautiful Nourishment Gift Set

Give her the tools for a more confident, radiant, and youthful self. Bella® and Beauty Pearl's natural, pure ingredients provide nourishment to help ease women through the physical and mental changes associated with menopause without the worry of hormonal side effects.*

Bella®, 50 Capsules/Bottle; Beauty Pearl®, 28 Pills/Container

#7000800060

\$85.10/67.57 SV



Kandesn® Lips & Nails

Give glam with our Kandesn® Lips & Nails gift set. Two Kandesn® Moisturizing Lip Colors, a Lip Gloss, and a Nail Lacquer bestow enough magic and mirth to create looks for every season.

Kandesn® Moisturizing Lip Color, 113 Copper Gold; Kandesn® Moisturizing Lip Color, 1102 Petal Pink; Kandesn® Lip Gloss, 192 Mixed Berry; Kandesn® Nail Lacquer, 639 Pink Rose

#7000800130

\$86.60/70.05 SV

VITALITE®

SUCCESS

CHASING HEALTH

A COUPLE'S SEARCH FOR BETTER HEALTH LEADS TO 115 LB. WEIGHT LOSS

Dennis and Pam Klepps, Business Leaders from Washington State, didn't set out to lose weight when they began eating Sunrider® foods in early 2007. They just wanted to be healthier.

The couple, both in their early 60s, had their own health issues, from acid reflux, chronic aches and pains, and low energy. It wasn't long after starting a basic Sunrider regimen of a sensible diet, exercise, and NuPlus®, Quinary®, Calli®, and Fortune Delight® (eventually adding Dr. Chen® MetaBooster® and Tei-Fu™ MetaShaper™) that the couple began experiencing positive changes in their health. Both noted increased energy and less aches and pains, the latter of which being especially significant to Dennis, a long-time sufferer of arthritis.

If that wasn't exciting enough, Dennis and Pam also noticed steady weight loss. Pam said, "I had not only improved my health...but I was also losing weight a few pounds at a time." Pam wasn't alone in this discovery. Dennis also noticed lower numbers on the scale, and by January 2008, he had lost some 35 lbs.*

In July 2008, just in time for Grand Convention, Pam had lost 20 lbs., and Dennis had lost 43 lbs.!* At Convention, the couple was introduced to MetaShaper™, a Sunrider® product that's contributed to more lost inches and greater weight loss. "Besides losing weight, I've also lost inches from my waist, hips, thighs, and arms. When I started eating Sunrider...I was a size 12. Now, I'm buying size 6 slacks, and one pair was actually a 4...I'm close to weighing what I was before I had children," Pam said. She added that her "weight hasn't changed much over the last several months, so I think I'm about where I should be, but I'm still losing the belly fat...it is getting flatter every day thanks in part to MetaShaper™!"*



BEFORE



AFTER*

Dennis, who's lost 80 lbs. since starting his Sunrider journey, has had to replace his wardrobe three times and has dropped from an extra large shirt size to a medium!* Even more amazing is his new-found energy. He said, "Recently I lifted and carried heavy objects for more than three hours straight with no fatigue. A guy I was with told me I wouldn't be able to move the next day, but that next morning it felt as though I didn't do anything out of the ordinary...no pain or stiffness!"

As far as exercise goes, Pam says they do walk daily, but prior to beginning Sunrider, it never helped with weight loss. Plus, her legs hurt and she tired more easily. Now the couple has increased energy and stamina! "I feel so blessed to be eating these wonderful foods," Pam said.

Together, the couple has lost a combined 115 lbs., dropped three pant sizes, and two shirt sizes!* It's amazing what a journey to better health can lead to, and in the Klepps' case, it was thinner waistlines!

** In conjunction with a healthy diet and exercise. Results not typical.*

FLEX YOUR WORKOUT

Athletes, exercise aficionados, and others who enjoy 'feeling the burn' have particular physical needs due to their high energy output and the performance goals they aim to meet. Sunrider has many products designed to complement a healthy, active lifestyle and help the body perform at peak levels. Isn't it time you flexed your workout?



DON'T HIBERNATE THIS WINTER

GET OUT AND EXERCISE!

THE THOUGHT OF EXERCISING WHEN IT'S COLD OUT MAY SEND YOUR BRAIN INTO EXCUSE OVERLOAD, BUT IT DOESN'T HAVE TO BE THAT WAY. OUTDOOR WINTER WORKOUTS CAN INVIGORATE AND BOOST YOUR SPIRITS, CONNECT YOU TO NATURE, AND HELP KEEP YOU HAPPY AND HEALTHY. SO GET MOTIVATED AND GET MOVING!



Make Winter Workouts Work

Find a buddy. Having an exercise partner helps you stick to your workout schedule, and in the winter, it may be essential in adhering to exercise goals.

Try something new, like skiing, winter hiking, or snowshoeing. Before you know it, you'll be sweating bullets and will have forgotten all about the frigid temperature.

Make the most of daylight hours and get out during lunchtime or work breaks to go for a walk or run.

If chilly temperatures are just too intimidating, try DVD workouts, head to a local mall for some power-walking, join a Pilates or yoga class, or play an indoor sport.

Winter Workout Safety Tips

Warm-up! Cold temperatures can make muscles prone to injury, so warm up inside before heading out.

Layer it on. Layering provides an effective heating method and allows you to remove layers if you get too hot.

Stay hydrated. You might not feel as thirsty in the winter, but it's just as important to stay hydrated. Take a thermos of Fortune Delight® or Calli® for a few sips along the way.

Wear sunscreen. Sunburn risk is still strong during winter—and even more so when there's snow on the ground. Use a Sunrider® sunscreen, like Oi-Lin® Sunmilk Sunscreen SPF 25, to protect your skin during outdoor winter workouts.

DR. CHEN'S PHILOSOPHY OF REGENERATION™

OWNER'S EXPERTISE AND THE PHILOSOPHY OF REGENERATION™ ENSURE THAT EVERY SUNRIDER® PRODUCT IS UNIQUE AND EFFECTIVE.

You cannot copy Sunrider® products merely by looking at the labels because the same ingredient can work much differently without extraction and concentration. For example, Conco™ and Assimilaid® both contain licorice, but for each product this ingredient is processed differently to achieve a different effect. The licorice in Conco™ is dried in a cool place in order to preserve the benefits of the glycoside content while this same ingredient in Assimilaid® is oven dried to destroy the glycosides. The way that Sunrider customizes the manufacturing process of ingredients is impossible for other companies to duplicate. This is just a simple example of the importance of formulation and concentration, especially when considering products that use multiple ingredients.

SPORTCAPS®

Athletes are always pushing the envelope. Run faster, lift more, go farther—all while trying to avoid injury. That's where SportCaps® come in. Designed to increase stamina, strength and endurance, and reduce stress, they contain a concentrated blend of herbs that help active people reach their peak performance levels.*

ELECTROSPORT®

Working hard in the gym, or chasing your children around the playground—both are strenuous activities. And when the body's depleted of essential vitamins and minerals through perspiration, it's crucial to restock the body. ElectroSport® is a concentrated herbal fluid replacement that quickly helps to rehydrate, replenish, and revitalize.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SUNRIDER®

RECIPE BOX

NuPlus® Harvest Muffins

Submitted by: *Sandy LaMere, Fennimore, Wisconsin*



Ingredients:

1 C. flour	1 C. milk
1/2 C. finely shredded cheddar cheese	1/3 C. olive oil
1/3 C. rolled oats (ground)	1 egg (beaten)
Several drops of SunnyDew®	1/4 C. applesauce
2 1/2 tsp. baking powder	3/4 C. finely chopped apples
1/4 tsp. salt	2 packets of NuPlus®

Directions:

Preheat oven to 375°. Coat 12 cup muffin pan with nonstick cooking spray, or line with paper baking cups.

Combine & Set Aside: NuPlus®, flour, cheddar cheese, rolled oats, , baking powder, and salt.

Mix Together: Milk, olive oil, egg, applesauce, chopped apples, and SunnyDew®.

Gently mix the dry ingredients with the liquid ingredients just until moistened. Divide batter evenly among cups.

Bake approximately 20-30 minutes.

Oven times may vary.

We want to hear from you! Send your favorite Sunrider® recipes, success stories, questions or comments to info@sunrider.com.

What's the 'hype' about stevia all about?

With its extracts having multiple times the sweetness of sugar, stevia has recently garnered attention with the rise in demand for natural, low-carbohydrate, low-sugar sweetener alternatives. This naturally sweet herb is also used to help maintain normal blood sugar levels and is a wonderful supplement to beverages.*

Though it has received hype recently, in 1982, Sunrider was one of the first companies to introduce stevia to the market with the launch of TruSweet™ (later replaced by Sunectar®). And in 1995, we successfully petitioned the FDA to lift the import alert on the extract of stevia leaves, allowing us and other companies to use it as a dietary supplement and dietary ingredient. Using his expertise, Dr. Chen uses a unique purifying process that preserves the natural structure found in its whole food form. Recently the Coca-Cola Company and PepsiCo both introduced their own stevia products, which also put the spotlight on the plant.

Under Dr. Chen, Sunrider is an early innovator and pioneer in the use of stevia in our products for over 25 years.

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IF YOU LOVE OUR PRODUCTS, YOU'LL LOVE OUR BUSINESS!

Contact your local Sunrider Independent Business Owner to learn how to own a Sunrider business and earn a fantastic income.



SUNRIDER®

